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Helping Organizations Retain Their Most Valuable Asset

## FOR YOUR INFORMATION

### *Summer Safety Tips*

#### **POOL SAFETY**

- Never leave children alone in or near the pool, even for a moment.
- Install a fence at least four-foot high around all four sides of the pool.
- Keep rescue equipment (a shepherd's hook - a long pole with a hook on the end - and life preserver) and a portable telephone near the pool.
- Avoid inflatable swimming aids such as "floaties." They are not a substitute for approved life vests and can give children a false sense of security.

#### **BUG SAFETY**

- Don't use scented soaps, perfumes or hair sprays on your child.
- Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods and gardens where flowers are in bloom.
- To remove a visible stinger from skin, gently scrape it off horizontally with a credit card or your fingernail.
- Insect repellents containing DEET are the most effective.
- To protect your children from ticks have them wear a long-sleeved shirt, and tuck their pants into their socks. Also have them wear a hat to help keep ticks away from the scalp and wear enclosed shoes or boots. After your children come indoors, check for ticks.

Source: American Academy of Pediatrics



Did you know that untreated depression is one of the main reasons for relationship problems and divorce? In fact, in relationships where one of the partners suffers from depression, the divorce rate is nine times higher.

If you suspect your partner or significant other may be suffering from depression, you've no doubt already seen the problems escalate in your relationships and life. What can you do to help your partner recover, protect your relationship, and keep from becoming miserable or depressed yourself?

#### *Here's what to do*

1. Educate yourself about all aspects of depression. Your challenge is to keep your love and your relationship intact until professional treatment can alleviate your partner's depressive illness. Begin by learning all you can about depression, its symptoms and treatment. The more you know about depression, the better you can help your partner, your relationship and yourself. Very important:

- Understand that depression is an illness. Your partner did not "choose" to become depressed.
- Realize and accept that no one is to "blame" for the situation. People do not deserve to be depressed. And, despite what your partner may say, you are not to blame either.
- Put yourself in your partner's shoes. You

## ***What to do when your partner suffers from depression***

will help your partner recover faster and help lower your own frustration by learning as much as you can about what depression feels like from your partner's point of view.

2. Realize that depression is the foe, not your partner. View depression as an "it" that has entered your life and intruded upon your long-established relationship with the person you love. The more clearly you can perceive your partner's illness as the newly arrived "it," the better you will grapple with "it's" impact on everyone concerned.

3. Seek professional help. Encourage your partner to seek professional treatment as soon as possible. The first step is for them to see a doctor and ask to be examined for depression. Once a treatment program is prescribed, helping may involve monitoring whether your partner is taking their prescribed medication, or encouraging them to stay with treatment until symptoms begin to abate (several weeks). Helpful: Develop a "we" approach instead of an "I" approach with your partner toward depression treatment.

If depression has been present for a long time, both the depression and the relationship will require attention. Develop individual and relationship recovery plans. Write your recovery plans down and spend time reviewing, modifying and noting progress made.

24 Hours a day: 800-343-2186 [www.hmsincorp.com](http://www.hmsincorp.com)

4. Offer your partner support and encouragement. Be there for them. Give them a shoulder to cry on or just listen while they vent their feelings. Be patient with them. Let them know you care. Share the things you've learned while researching depression. Remind them that their depression is not their fault and that they are not weak or worthless. Keep reassuring your partner that with time and help, he or she will feel better.

5. Take care of yourself. Living with a depressed person can leave you feeling confused, demoralized, angry and resentful. These feelings are a valid response to a very trying situation. Talk to a trusted friend, join a support group or seek individual counseling to vent your frustrations rather than allowing them to build up inside. Don't allow your partner's depression to completely overtake your life. Make time for yourself and continue to participate in things you enjoy doing. Periodically take some time to step back from the situation and recharge your batteries.

#### *HMS is here to help*

If you suspect that you, your partner or another family member may be suffering from depression, Human Management Services (HMS) can help you. HMS counselors are specially trained to help people get the right kind of help for depression. Remember, all EAP services are FREE and strictly CONFIDENTIAL. Why not call an HMS counselor today?

NOTE: Professional help should definitely be sought if a person is experiencing suicidal thoughts.

### *Self-test:*



### *Are You A Compulsive Spender?*

While many of us occasionally over-spend, compulsive spenders regularly over-spend. If you recognize that your shopping or spending feels out of control, the self-test below can help you assess your behavior and determine what to do about it:

#### *Ask yourself the following questions:*

1. Do you shop as a result of being disappointed, angry or scared?
2. Are your shopping/spending habits causing emotional distress or chaos in your life?
3. Do you have arguments with others regarding your shopping or spending habits?
4. Do you feel lost without credit cards?
5. Do you buy items on credit that you would not buy with cash?
6. Does shopping give you a feeling of euphoria and anxiety at the same time?
7. Does spending or shopping feel like a reckless or forbidden act?
8. Do you feel guilty, ashamed, embarrassed or confused after shopping or spending money?
9. Are many of your purchases never used?
10. Do you lie to others about what was bought or how much money was spent?

11. Do you think excessively about money?

12. Do you spend a lot of time juggling accounts and bills to accommodate spending?

Four or more "yes" answers to the questions above indicates a problem with spending.

#### *Call HMS for confidential help*

If compulsive spending is causing difficulties in your life, recognizing and admitting that you have a problem is the first step toward recovery. The next step is to seek professional help. Human Management Services (HMS) is a great resource to turn to for help. Through confidential counseling or referrals, HMS will help you assess your situation, help you address the problems or concerns in your life which are contributing to your out-of-control behavior, and help you learn how to fully recover. Your HMS counselor can also help you address any problems that have been caused by your compulsive spending.

Remember, all HMS services are FREE and strictly CONFIDENTIAL. Why not call an HMS counselor today? We're here to help.

### *HMS SERVICES*

### *PROVIDED BY YOUR EMPLOYER FOR YOU AND YOUR DEPENDENTS*

This confidential prepaid program is designed to help employees and their eligible dependents resolve problems which may be interfering with their personal, work or home life. HMS offers help for marital and family issues, substance abuse, job concerns, emotional problems, life adjustments, legal issues, financial matters, and elder care and child care referrals.

If you're experiencing problems which are causing concern, you and your HMS counselor can work as a team to find solutions.

Call HMS for Help:

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